

What is mindful eating?

Mindful eating is a moment-to-moment awareness of the foods and drinks we put into our bodies. It is the ability to observe how the foods makes us feel, without judgement, including the signals our body gives us about taste, satisfaction, and fullness. Eating without judgement means allowing yourself to eat willingly, until you are satisfied, without placing shame or guilt on yourself.



What is mindful eating, why is it important, and how do we do it?

Mindful Eating

5 Steps to Mindful Eating...

What does mindful eating involve?

- 1) **Reducing the eating rate** (slow down, enjoy the foods!)
- 2) **Assess your hunger cues while eating** (break while eating to ask yourself, "Am I full or still hungry?" or "Does my body feel satisfied?")
- 3) **Reduce distractions while eating**
- 4) **Eat until you are satisfied** (End eating when you feel satisfied, making sure you are paying attention to your body's hunger signals)
- 5) **Savour foods!**



Mindful Eating Principles

How can we implement mindful eating principles in our day-to-day life?

- 🍎 Slow down the pace of eating (*e.g. take breaks during bites, chewing more slowly, and stopping to assess how you feel*)
- 🍎 Eat away from distractions such as the television or computer
- 🍎 Become aware of your body's hunger and fullness cues and use these cues to guide the decision to begin and end eating
- 🍎 Acknowledge responses to foods (*likes, dislikes, neutral*) without judgement
- 🍎 Choosing foods that are both nourishing and pleasing by using all the senses while eating
- 🍎 Being aware of and reflecting on the effects caused by unmindful eating (*e.g. eating out of boredom, sadness, habit, or overeating to the point of feeling uncomfortable*)



What Are the Benefits of Mindful Eating?

Reduce Food Cravings

Increase Food Enjoyment

Enhance Body Acceptance and Satisfaction

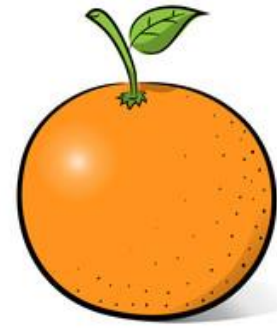
Reduce Stress

Reduce Emotional Eating

Improve Fasting Blood Sugar Levels and A1C Values

Mindful Eating Exercise

Mindfully Eating an Orange



1. Arriving

- Take a moment to notice your body and whether or not you feel hungry.
- Does your stomach feel full, empty, queasy, comfortable?
- Bring your attention to the aroma of the fruit.
- Imagine the taste of the food but don't bite it yet.

2. Awakening

- Peel the fruit and notice the different textures and colours that unfold.
- Notice the aroma and shape.
- Pick up one piece and take a bite being very mindful of the taste (is it sweet, sour? Is it juicy, dry?). Keep chewing and take your time.
- Stop and notice the after taste.
- Pick up another piece of the fruit and notice the difference in the texture from before and after your bite.
- Pick up another bite now paying attention to your chewing. Swallow when you feel ready.

3. Tuning In

- Make your next bite smaller than the first bite. Did the smaller bite require less chews?
- Take a bigger bite next. Did it take more chews?
- Now take the same size bite as your first bite and chew slower. Does chewing slower change the number of chews needed?

4. Notice Your Body Again

- Does your stomach feel different now that you have eaten?
- Does it feel the same?
- Do you feel satisfied? Maybe you are still hungry? Maybe you are thirsty?
- Pay attention to how the food made you feel.

